



Nutritionized PS & K8

Oct~Nov~Dec 2022

www.deliciousdaycaremeals.com



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10/3 10/31 11/28 12/26 (closed)	10/4 11/1 11/29 12/27	10/5 11/2 11/30 12/28	10/6 11/3 12/1 12/29	10/7 11/4 12/2 12/30
Cheesy Baked Beef Mostaccioli Diced Carrots Applesauce WG Delicious-Made Bread*	Turkey Chili Penne Pasta Broccoli Banana WG Delicious-Made Bread*	Chicken Nachos Shredded Cheddar Cheese Sour Cream HV: Green Beans CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Mixed Melon WG Corn Tortilla Chips*	Chicken Fried Rice Cauliflower Orange WG Delicious-Made Bread*	HM Meatballs in Marinara Penne Pasta HV: Green Peas CV: Tossed Salad Delicious-Made Italian Dressing Apple WG Delicious-Made Bread*
10/10 11/7 12/5	10/11 11/8 12/6	10/12 11/9 12/7	10/13 11/10 12/8	10/14 11/11 12/9
BBQ Pulled Chicken New! Baked Sweet Potato Fries Diced Carrots Orange WG Delicious-Made Bun*	Macaroni & Cheese Brussel Sprouts Banana WG Delicious-Made Bread*	Turkey w/ Country Gravy Mashed Potatoes New! HV: Roasted Green Beans CV: Fresh Carrot Coins Delicious-Made Ranch Dressing Honeydew WG Delicious-Made Corn Bread*	Beef Tacos Shredded Lettuce Shredded Cheddar Cheese Refried Beans Apple WG Soft Tortilla*	Cheesy Baked Ziti Pasta w/ Chicken in a Creamy Red Sauce HV: Broccoli CV: Cucumber Slices Delicious-Made Italian Dressing Mixed Melon WG Delicious-Made Bread*
10/17 11/14 12/12	10/18 11/15 12/13	10/19 11/16 12/14	10/20 11/17 12/15	10/21 11/18 12/16
Cheesy Baked Beef Mostaccioli Sautéed Cabbage Orange WG Delicious-Made Bread*	New! Chicken Chop Suey Steamed Rice Green Peas Banana WG Delicious-Made Dinner Roll*	Macaroni & Cheese HV: Cauliflower CV: Fresh Broccoli Delicious-Made Italian Dressing Pear WG Delicious-Made Bread*	Italian Meatballs in Marinara Rotini Pasta Butternut Squash Strawberry Applesauce WG Delicious-Made Bread*	Chicken Tacos Shredded Lettuce Shredded Cheddar Cheese HV: Roasted Vegetables CV: Cucumber Slices Delicious-Made Ranch Dressing Mixed Melon WG Soft Flour Tortillas*
10/24 11/21 12/19	10/25 11/22 12/20	10/26 11/23 12/21	10/27 11/24 (closed) 12/22	10/28 11/25 (closed) 12/23
BBQ Diced Turkey Steamed Rice Peas & Carrots Applesauce WG Delicious-Made Dinner Roll*	Chicken Cacciatore Penne Pasta Green Beans Banana WG Delicious-Made Dinner Roll*	Beef Nachos Shredded Cheddar Cheese Sour Cream HV: Diced Carrots CV: Southwest Bean Salad Pear WG Corn Tortilla Chips*	WG Cheese Ravioli* in Marinara Broccoli Orange WG Delicious-Made Bread*	New! Chicken Polynesian Meatballs Steamed Rice HV: Green Peas CV: Cucumber Slices Delicious-Made Ranch Dressing Mixed Melon WG Delicious-Made Bread*

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives. 7/22

Menus are subject to change.

(*) Item is WHOLE GRAIN.

**ENTRÉES ARE DELICIOUS MADE (made from scratch)